

# *Inspiration Youth festival Competitions Guidelines*

## **Title: Poster Making Contest: Inspiration for De-addiction**

### **Guidelines:**

1. **Theme:** The theme of the poster making contest is "Inspiration for De-addiction". Participants are encouraged to creatively express the importance of leading a sober life and the journey towards overcoming addiction.
2. **Eligibility:** The contest is open to all individuals who have registered for the Youth festival.
3. **Submission Rules:**
  - Each participant is allowed to submit only one entry.
  - Submissions must be original and previously unpublished.
  - The poster should be created using any traditional or digital medium.
  - The poster must be in landscape orientation and should be no larger than A3 size (11.7 x 16.5 inches).
  - Submissions should be in high-resolution JPEG or PNG format.
  - Participants must include their name, age, contact information, and a brief description of their poster along with their submission.
4. **Content Guidelines:**
  - Posters should focus on the positive aspects of leading a sober life and the detrimental effects of addiction.
  - Designs should be visually appealing, impactful, and easy to understand.
  - Participants are encouraged to incorporate empowering messages, symbols, or imagery that promote a healthy, addiction-free lifestyle.
  - Avoid using offensive or inappropriate language, imagery, or symbols.
5. **Submission Deadline:** All entries must be submitted by 14<sup>th</sup> March'24 midnight. Late submissions will not be considered.
6. **Judging Criteria:**
  - Creativity and Originality: How unique and innovative is the poster in delivering its message?
  - Relevance to Theme: How effectively does the poster address the theme of de-addiction?
  - Visual Impact: Is the design visually appealing, well-composed, and attention-grabbing?
  - Clarity of Message: How clearly does the poster communicate its intended message?

- Overall Presentation: How well does the poster engage the viewer and leave a lasting impression?
- 7. **Prizes:** Prizes will be awarded to the top three entries based on the judging criteria. The prizes will be :
  - First Prize: Smart Phone
  - Second Prize: Smart watch
  - Third Prize: Bluetooth Earphones
- 8. **Copyright:** By submitting an entry, participants grant permission for their posters to be used for promotional purposes related to the contest. However, participants retain ownership of their work.
- 9. **How to Submit:** Participants should send their entries via email to [inspirationjhansi@gmail.com](mailto:inspirationjhansi@gmail.com) with the subject line "Poster Making Contest Entry - [Your Name]".
- 10. **Announcement of Winners:** The winners will be announced on 17<sup>th</sup> March Sunday during the event at MLB Paramedical college auditorium.
- 11. **Disclaimer:** The organizers reserve the right to disqualify any entry that does not comply with the contest guidelines or that is deemed inappropriate.

Let's embrace creativity and spread awareness about the importance of leading a sober life through the power of art!

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## **Title: Video Making Contest: Break Free from Addiction**

Guidelines:

1. **Theme:** The theme of the video making contest is "De-addiction". Participants are encouraged to create compelling videos that shed light on the challenges of addiction, the journey towards recovery, and the importance of seeking help.
2. **Eligibility:** The contest is open to all individuals who have registered for the Youth festival.
3. **Submission Rules:**
  - Each participant is allowed to submit only one video entry.
  - Videos must be original and previously unpublished.
  - The duration of the video should be a minimum of 30 seconds and a maximum of 120 seconds.

- Participants are free to choose any video format (e.g., live-action, animation, documentary-style).
- Submissions must include accurate statistics and information about addiction sourced from reliable sources.
- Videos must be submitted in digital format (MP4, MOV, or AVI) with a resolution of at least 720p.
- Participants must include their name, age, contact information, and a brief description of their video along with their submission.

#### 4. **Content Guidelines:**

- Videos should raise awareness about the detrimental effects of addiction on individuals, families, and communities.
- Participants are encouraged to share personal stories, testimonials, or interviews to provide a human perspective on addiction and recovery.
- The video should offer hope, encouragement, and resources for those struggling with addiction.
- Avoid using graphic or triggering content that may be unsuitable for sensitive viewers.
- Incorporate visuals, music, and narration to enhance the storytelling and emotional impact of the video.

5. **Submission Deadline:** All entries must be submitted by 14<sup>th</sup> March'24 midnight. Late submissions will not be considered.

#### 6. **Judging Criteria:**

- **Creativity and Originality:** How unique and innovative is the approach to addressing the theme of de-addiction?
- **Emotional Impact:** Does the video effectively evoke emotions and engage the viewer?
- **Clarity of Message:** How clearly does the video communicate its message about addiction and recovery?
- **Production Quality:** Is the video well-produced, with clear audio, visuals, and editing?
- **Accuracy of Information:** Are the statistics and information presented in the video accurate and sourced from reliable sources?

7. **Prizes:** Prizes will be awarded to the top three entries based on the judging criteria. The prizes will be:

- First Prize: Smart Phone
- Second Prize: Smart watch
- Third Prize: Bluetooth Earphones

8. **Copyright:** By submitting an entry, participants grant permission for their videos to be used for promotional purposes related to the contest. However, participants retain ownership of their work.

9. **How to Submit:** Participants should upload their videos to a file-sharing platform (e.g., Google Drive, Dropbox) and share the download link via email to

[inspirationjhansi@gmail.com](mailto:inspirationjhansi@gmail.com) with the subject line "Video Making Contest Entry - [Your Name]".

10. **Announcement of Winners:** The winners will be announced on 17<sup>th</sup> March Sunday during the event at MLB Paramedical college auditorium.
11. **Disclaimer:** The organizers reserve the right to disqualify any entry that does not comply with the contest guidelines or that is deemed inappropriate.

Let's harness the power of storytelling to inspire positive change and break free from addiction together!

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## **Title: Online Gita Quiz Competition: Exploring the Principles of the Gita**

Guidelines:

1. **Theme:** The quiz competition will be based on three videos exploring the principles of the Gita. Participants will be tested on their understanding of the philosophical concepts presented in these videos.
2. **Video Upload Date:** The three videos will be uploaded on March 1st, 2024.
3. **Exam Date and Time:** The quiz competition will take place on March 16th, 2024, at 7:00 PM (evening).
4. **Duration of Exam:** The duration of the exam will be 30 minutes.
5. **Exam Format:**
  - The exam will consist of two types of questions: objective and subjective.
  - Objective questions will be multiple-choice or true/false, based on the content of the three videos.
  - Subjective questions will require participants to provide short written responses, demonstrating their understanding and interpretation of the principles discussed in the videos.
6. **Video Content:**
  - The three videos will cover different aspects of the principles of the Gita, such as karma, dharma, and self-realization.
  - Participants are encouraged to watch the videos carefully and take notes to prepare for the quiz.
7. **Eligibility:**

- The contest is open to all individuals who have registered for the Youth festival.
- Participants must have access to the internet to watch the videos and take the online quiz.

#### **8. Registration:**

- Participants must register for the quiz competition by 14<sup>th</sup> March'24 by filling Ticket activation form using QR code provided on pass.

#### **9. Exam Platform:**

- The quiz will be conducted online through a designated platform.
- Participants will receive login details and instructions on how to access the quiz prior to the exam date.

#### **10. Scoring:**

- Objective questions will be automatically scored by the system.
- Subjective questions will be evaluated by a panel of judges based on the clarity, coherence, and accuracy of the responses.

11. **Prizes:** Prizes will be awarded to the top performers in the quiz competition. The prizes will be:

- First Prize: Smart Phone
- Second Prize: Smart watch
- Third Prize: Bluetooth Earphones

12. **Announcement of Winners:** The winners will be announced on 17<sup>th</sup> March Sunday during the event at MLB Paramedical college auditorium.

#### **13. Code of Conduct:**

- Participants are expected to maintain academic integrity and honesty throughout the quiz competition.
- Any form of cheating or plagiarism will result in immediate disqualification.

#### **14. Disclaimer:**

- The organizers reserve the right to amend the guidelines or disqualify participants found violating the rules of the competition.

Let's embark on a journey of self-discovery and enlightenment through the timeless wisdom of the Gita!